



# NEWSLETTER

**Attachments**  
 \* Swimming Club  
 \* Canteen price list

**Assemblies**

## The Sir Henry Parkes Memorial Public School

Website: [www.sirhparkes-p.schools.nsw.edu.au](http://www.sirhparkes-p.schools.nsw.edu.au)  
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**Term 4, Week 2, 2012**

**Dear Parents and Community Members,**

### School of Arts Museum

On Saturday our school leaders and Mr Daniels attended a presentation at the Sir Henry Parkes School of Arts Museum.

The school has placed on display at the museum an ivory brooch that had been presented to the school a number of years ago by a descendant of Sir Henry Parkes. The Museum had formally asked that it be displayed with other memorabilia at the Museum.

Our leaders and Mr Daniels attended a function held at the museum to officially recognise the handover of the brooch. Mr Daniels would like to thank the leaders for giving up a part of their Saturday afternoon to attend the function.

### Cricket

On **Friday, October 26<sup>th</sup>** the school will be having a representative from cricket NSW attend our school and conduct lessons with all students K-6.

Lessons will run for approximately half an hour per class and all students will be able to participate in fun cricket activities.

Students from Jennings, Mingoola and Bonshaw will join us for the activities. Activities are free and students will also receive something from the cricket association for participating.

#### TIMETABLE:

- 9:30-10am Kinder
- 10-11am Stage One
- 11:35-12:35pm Stage Two
- 1:50-2:50pm Stage Three

### Classes 2013

Many parents and students start asking at this time about classes and teachers for 2013.

The executive and staff have started looking at possibilities for next year but no decisions have been made as yet about permanent class structures or which teachers will be on what classes.

The executive and staff will investigate possibilities over the next 8 weeks in conjunction with information from the Department of Education concerning budgets and possible changes that the government are making to the education system.

The only announcement that has been made to parents is that Mrs Caldwell will again be teaching kindergarten next year. Mrs O'Brien will be on maternity leave and the other kindergarten teacher is still to be decided.

### Intensive Swimming Scheme

Students in Years 2-6 have received a note about two weeks of intensive swimming. The program targets students in Years 2-6 who **can not** competently and confidently swim the length of the pool using freestyle.

The program is heavily subsidized by the N.S.W. Department of Sport and Recreation who cover the cost of

**BE SAFE, BE FAIR, BE KIND, BE CO-OPERATIVE.**

qualified instructors.

Students only need to pay for transport and entry to the pool (or they can use their pool pass).

The program will run from **Monday, 26<sup>th</sup> November until Friday, 7<sup>th</sup> December** for 1hr each day.

**Unfortunately, there are limited places and only the first 60 students with notes and money returned will be accepted.** There are still places available. Any questions please see Miss Eakin.

### Gymnastics

Gymnastics will return on **Monday and Tuesday 29<sup>th</sup> and 30<sup>th</sup> October and Monday and Tuesday 5<sup>th</sup> and 6<sup>th</sup> November.** Classes who had gymnastics on Wednesdays last term will now have them on Mondays.

### Cake Day

The last cake day for the year will be held next **Tuesday, October 30<sup>th</sup>.** Kindergarten are asked to provide cakes and slices.

### Infants club

As short meeting will be held before the cake day at 10am in the Infants Hall. New members are most welcome. End of year events will be discussed.

### Golf Day

On **Sunday, October 28<sup>th</sup>,** the P&C are holding a golf day at the Tenterfield Golf Club. The event is a 4-person ambrose (team) event.

This event has been advertised to commence at 10am. However, due to a large amount of participants and to cater for other social golfers on the course in the morning, **the day will now start at 12 noon** as a shot-gun start.

Teams are encouraged to enter prior to the day by phoning the Golf Club and be at the club by 11:30am on Sunday.

The P&C are still seeking the support of volunteers to help out at the BBQ. There is a volunteer time sheet at the school office. Any help with the cooking and serving of the BBQ lunch on the day would be greatly appreciated.

### Touch Football Fundraising Events

Last Week, the touch football team held 2 fundraising activities. The Out of uniform "Blue and Gold Day" raised \$184.80 and the Jellybean guessing competition raised \$152.

Congratulations to Bailey Redfern who was the closest to guessing the amount of jellybeans in the container. He won the container of jellybeans and also a \$10 canteen voucher.

The team would like to thank all the students, staff, parents and especially Mr Maher for raising over \$436 for their trip.

### Behaviour term 4

A reminder that if your child receives three level 3's in our behaviour "yellow book" they may be excluded from events that are happening this term for example rewards day, swim school, 5/6 excursion, presentation day etc.

Please discuss with your child the importance of consistent behaviour and doing the right thing. This is not the time to have a lapse in behaviour!

## Crunch and Sip and Health Message

Nuts are a great snack to have for Crunch or any day. Nuts reduce the risk of developing cardiovascular disease and improve brain function as they contain Omega 3 and antioxidants which also helps boost your immunity.

The best nuts to eat are almonds, walnuts, cashews, Brazil nuts, pistachios, cashews and hazelnuts. **Just remember to only have a handful and avoid nuts which are roasted and salted.**



## One Way To A Healthy Lifestyle



**GET ACTIVE EVERY DAY**— all people should have at least 30mins of moderate to vigorous activity each day.

This can be by participating in a set team sport such as cricket or tennis; an individual sport such as Little Athletics, Swimming Club, Physical Culture, Aqua aerobics or dancing; a family activity such as going bushwalking, walking before or to and from school, walking after tea, walking a pet, playing backyard cricket, playing at the park; or just doing your own set activity such as going for a run, riding your bicycle, dancing, skipping, gardening, an exercise dvd. There is a sport or activity for everyone.



Exercise helps individuals be happier; reduces stress and depression; strengthens bones and muscles; increases an individual's ability to be able to do everyday activities comfortably; reduces the risks of developing heart disease, diabetes, osteoporosis (weak bones), some forms of cancer and other illnesses related to being overweight; improves coordination, balance, strength, flexibility and endurance and also improves and individual's confidence, communication and problem solving skills.

If you need motivation:

- set clear, achievable, realistic goals with a time and reward;
- exercise with a friend;
- join a club;
- write down and display (put them on the fridge) the reasons (eg. fun, friends, health) you exercise.
- set a specific time to exercise.

## State Athletics

Last Wednesday and Thursday, Ella Wishart and Georgiana Chawner participated in the State Athletics Carnival in Sydney.

Congratulations to Georgina who set a P.B in 800m Snr girls running 2:36:21 and finished 12th and Ella who made the final Jnr girls discus finishing 7th and setting a new P.B.

Ella has improved her throwing from 16m at Zone in August to 27m at State, just 2 months later.

Ella also finished about 15th in the Jnr girls long jump. Remarkable achievements girls!

## Touch Football

Last Sunday the boys from Sir Henry Parkes Memorial Public School travelled to Hamlyn Terrace located on the central coast to compete in the finals series of the NSW PSSA Touch Football.

The carnival was made up of the top eight regional winners from around the state. Our boys faced up against a red hot Mona Vale team and after ten minutes the score card was still vacant. Mona Vale secured two quick touchdowns, with the half time mark approaching,

Will Evans was able to beat an opponent one on one and dive over the line. At the half time break, the score read 2-1

The second half began at a rapid pace and the depleted bench for our boys started to become the difference. Our boys fought hard but ran out of steam allowing the opposition to cross for another 3 touchdowns. A late try to Tyler Sargeant was little consolation and left the final score at 5-2. A great effort considering the Mona Vale boys had previously notched up scores of 18, 16 and 15.

This left the boys from Tenterfield in a showdown with South Wagga Public School, who have been state champions three out of the last four years. Not to be deterred by their opposition, the boys started their campaign with a touchdown straight away by Will. From there the game see-sawed. Gusts of wind at 80km per h making the passing game a little difficult, but individual brilliance from Will and Tyler saw the final score sit level on 3 all. On a count back, this left our boys 5th in the state. With Over 700 teams entering the competition this year this made the effort even more rewarding.

Mr Simon Maher said 'I'm just so proud of the boys. They put absolutely everything into those games and to mix it with both teams that come from schools boasting more than 800 kids is very special. The difference between us and Mona Vale was just that, they had more depth and had 8 reserves where we had 3. We have had an unbelievable year with both League and Touch. The boys have given their all, including training from the first week of school this year, sometimes twice a day. There are some very gifted athletes amongst this group. Mr Geoff Swan was rapped at the boys efforts, while other schools had more than a full team on the bench, we had three which meant our boys played pretty much full games. When you realise that and see them finish level at 3 all with a team that has won three of the last four years, it puts their abilities into perspective.'

According to locals, this is the most successful sporting team in any sport to have come from the primary school, which marks a monumental effort by the boys".

Mr Maher also wanted to thank all the people involved in both the league and touch this year 'we have travelled literally thousands of kilometers and visited a lot of towns and cities. In order to do this, there has been support from all areas of the community. A special thanks to the parents for their help, the school for the opportunity, Townes Contracting and Tenterfield Social Development for the use of their buses, Tenterfield Tavern, to Ray Sargeant Kevin Mooney, Jake and Tom Landers for refereeing, Boarder Bears for their training gear, Hillers for the transport of players and supporters, Troy and Gavin Hillier, Evan Duck and Peter Krahe for driving supporters to games, Henry Parkes Motel, the P & C for uniforms, the supporters who came to various games throughout the year, Mr Geoff Swan who has been instrumental in both teams success and finally the players themselves. They have shown total commitment throughout both sports with training and games and should be extremely proud of what they have achieved as I know I am. It's just been a fantastic effort from the whole school community.



The boys unwinding on the giant pillow at the Toowoomba Bay Holiday Park L to R Adam Hayne, Declynd Morris, Geoff Swan, Tyler Sargeant, Will Evans, Chaney Rhodes, Zac Lieberman, Jacob Cox and Michael Benstead

# CALENDAR

MTH	WK	MON	TUES	WED	THUR	FRI	S / S
Oct	3	22 *Mr Daniels-Away *Touch Footy-Gosford	23 *Mr Daniels-Away *Touch Footy-Gosford	24 *Mr Daniels-Away *Guitar	25 *Mr Daniels-Away *Kinder transition day 9:00am-11:30am	26 *Mr Daniels-Away *Cricket Day *World Teachers Day	27/28 Sun P&C GOLF DAY
	4	29 *Gymnastics	30 *Gymnastics	31 *Guitar	1 *Kinder transition day 9:00am-11:30am	2 Assemblies: Infants 11:30 - KC Primary 12:15 - 5/6T & 4J	3/4

## CANTEEN ROSTER

**Wed** 24th Kim Cox, Vicki Hill, help needed please

**Thur** 25th Monkia Freeman, Sue Clarke

**Fri** 26th Lou Holley, help needed please

**Mon** 29th Monkia Freeman

**Tue** 30th Angela Brown

**Wed** 31st Aleeca Zellers, Kim Cox, Trudy Campbell

## Homebake (next week)

**Mon** 29th Melinda Campbell

**Wed** 31st Melissa Oakes

**Fri** 2nd Marie Thomas

## DONATIONS (This Week)

**Tomato Sauce** Lynette Whitby, Megan Neisen

**Blocked Cheese** Trudy Campbell

**Sliced Beetroot** Roselee Henry, Roberta Koch

**Cruskits** Jessica Gibbins

**Lettuce** Trudy Campbell

**Margarine** Megan Condrick

**Wegemite** Lisa Gruber

**Carrots** Nicole Arnold

**Mayonnaise** Kristine McCowen

## STUDENTS OF THE WEEK:

**INFANTS:** Jed McCowen, Lachlan Davidson, Indianna Maher, Chantelle Swan, Renee Jenkins

**PRIMARY:** Jaynkia Hollis, Paddy Hawke, Hamish Cook, Juda Callaghan, Jade Shearer, Milly McGrady

**BRONZE:** Amanda Bridge, Rylee Scott, Joseph Phillips, Davina Evans, Thomas Fowler, Olivia Oakes, Luke Newman, Robert Bridge, Jackson Clarke, Savannah Caldwell, Matthew Chapman, Piper Clark, Krisite Cowin, Nate De Rooy, Lauren Hall, Adam Klazema, Abby Phelps, Oliver Smith-O'Rourke, Jaynee Soper, James Ibbett, Joshua Beltrame

**SILVER:** Joseph Brown, Fletcher Koch, Katie Eaton

## BOOK FAIR-WEEK 5

### OPENING DAYS

Tuesday, November 6th  
Friday, November 9th



### TIMES

11:00am-11:30am  
1:15pm-1:45pm

## MEAL DEAL THIS WEEK—"What's Cooking"

A tray of tasty beef lasagne plus a popper with a ice cream in a cone topped with ice magic \$4.50



Other choices: Egg & lettuce \$2.20  
Hot dog in roll \$2.50



PLEASE FIND ATTACHED TERM 4 CANTEEN LIST

## COMMUNITY NOTICEBOARD

### AK4C (Aussie Kids 4 Christ)

AK4C is on every Wednesday @ 4pm  
@ the Presbyterian Hall.  
All children aged between 5 & 12 are welcome  
Call Merelyn Gibbins on 0437681628 for more information

### Junior Touch Football

Junior touch football registration day will be this Wednesday, October 17th starting at 5:30pm at Federation Park.



# TOUCH FOOTY TEAM



**WELL DONE BOYS !!!**



# STATE TITLES



**WELL DONE GIRLS !!!**